Volume 9, Number 19 November 12-25, 1994

UCSF Newsbreak

UC not to enforce Prop 187 — for now

The University of California on Wednesday, November 9, received an executive order from Governor Pete Wilson asking it and the other segments of higher education to assume responsibility for developing regulations to implement the provisions of Proposition 187, the "Save our State" initiative that denies illegal aliens access to public social services, public health care services (except for emergency care), and public school education at elementary, secondary and post-secondary levels. California voters just passed the proposition on November 8.

At the same time, a San Francisco Superior Court judge issued a temporary restraining order prohibiting UC and its counterparts — the California State University and the California Community Colleges — from implementing the provisions of the newly passed act pending a hearing scheduled for February 8, 1995.

University President Jack Peltason says that UC will begin to develop regulations in accord with the executive order. However, under terms of the court's restraining order, the University will take no action to implement Prop 187 pending judicial clarification. He said he is pleased that the courts will provide an orderly process to reconcile possible legal conflicts among provisions of the Prop 187, federal laws and the US Constitution.

In the meantime, according to Chancellor Joseph Martin, no immediate steps will be taken to expel any students. Admissions application forms will continue to be received and processed under current procedures.

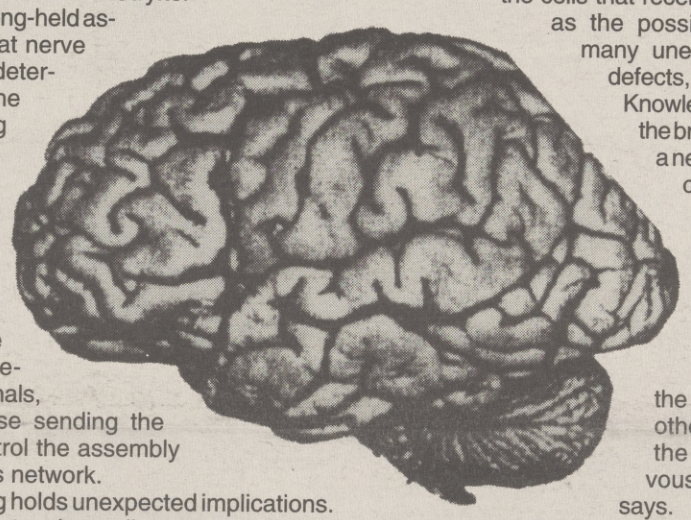
In addition, Martin said that no University officials should report any students to any other public agency as required by the Act, because such reporting appears to be in clear violation of the federal Family Educational Rights and Privacy Act, commonly known as the "Buckley Amendment."

Allen J. Balderson

Page 6 ... Halloween brings spirits to campus

Surprising news on how brain develops

A new study by UCSF neuroscientists Yoshio Hata and Michael P. Stryker proves the long-held assumption that nerve cell activity determines how the developing brain is wired. But the researchers also found something startling — the nerve cells that receive the signals, not just those sending the signals, control the assembly of the brain's network.



The finding holds unexpected implications. It's as if art teachers discovered that the canvas tells the painter what to paint. This new information opens new areas of exploration for researchers studying problems ranging from birth defects to central nervous system injuries.

Instead of studying the cells that send signals through the brain, scientists now can be expected to focus attention on abnormalities in the cells that receive the signals as the possible cause of many unexplained birth defects, Stryker says.

Knowledge of the way the brain assembles a network of nerve connections also will be a critical part of future treatments to reverse damage to the spinal cord or other injuries to the central nervous system, he says.

Hata and Stryker demonstrated that more than just experience and neural input determine what nerve connections the brain makes. Nerve cells on the receiving end of nerve signals, the target cells, are not blank slates that just record what they are told. Instead, target cells provide feedback that affects the vitality of the neurons sending the signals.

Peltason optimistic about state budget

According to UC President Jack Peltason, there is optimism that the state budget "trigger" will not be pulled on November 15. This would allow UC to go ahead as planned with pay increases and the lowering of the student fee increase this year from 18 to 10 percent ($620 to $345).

Peltason sent the optimistic news to all the UC chancellors in a letter dated November 4.

According to Peltason's letter, "The Legislative Analyst has identified a $526 million improvement in the State General Fund's year-end cash position. Adding this amount to the $430 million cushion already provided in the "trigger" legislation means that nearly $1 billion of unanticipated problems would have to arise between November 1 and 15 in order to release the trigger. This seems highly unlikely. However, we will have to wait for the State Controller's official report due on November 15 for the final determination."

Peltason instructed each of the chancellors to begin planning on the assumption that the trigger will not be pulled and there will be no mid-year budget cut.

In the July presentation to the Regents, it was reported that the Budget Act includes funding equivalent to three percent to salaries for range adjustments, or COLAs, effective October 1, 1994, and two percent of salaries for merit increases effective July 1, 1994 for faculty and January 1, 1995 for staff.

General anesthesia works on the spinal cord, not the brain

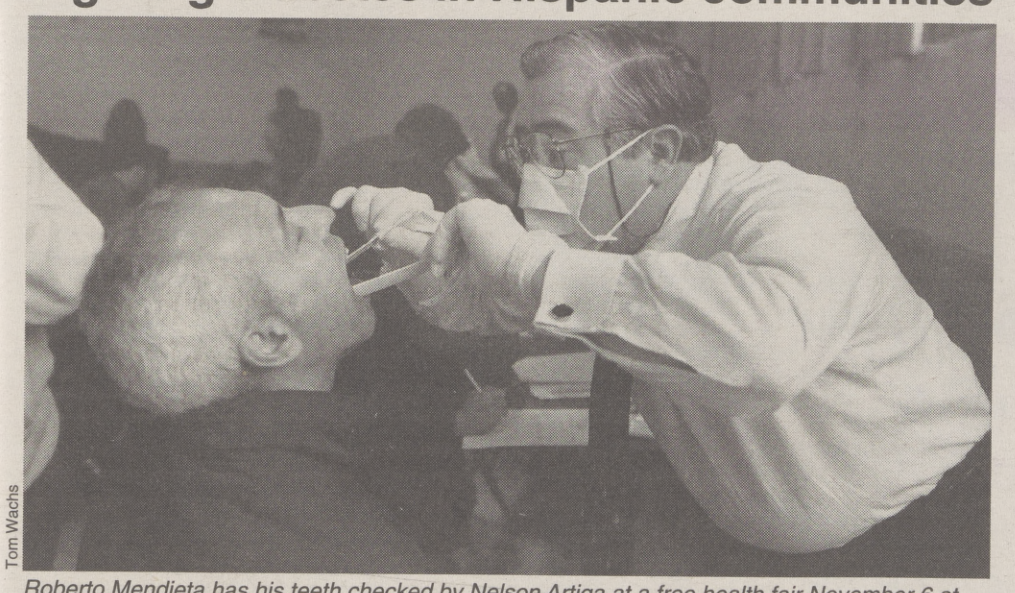
When a patient is anesthetized before surgery, the goal is to make her or him unaware of what is happening and to ensure that there is no movement during the surgical procedure.

Up until now, it had been commonly thought that the general anesthesia worked on the brain to create this state of amnesia. But anesthesiologist Ira J. Rampil has determined that it is the effect the anesthesia has on the motor nerves in the spinal cord, not the brain, that renders the body motionless.

His discovery, resulting from experiments on laboratory rats, suggests that an adequate dosage of general anesthesia might be ensured simply by monitoring electrical signals in motor nerves with skin electrodes con-

(See **SPINAL** *on page 2)*

Fighting diabetes in Hispanic communities



Tom Wachs

Roberto Mendieta has his teeth checked by Nelson Artiga at a free health fair November 6 at the Church of the Epiphany in San Francisco. Artiga, who directs the UCSF Family Dental Center at SFGH, brought along a group of UCSF dental students to do free dental screenings for the mostly Spanish-speaking crowd at the event. Artiga also spoke to the group about diabetes, which is relatively common in the Hispanic community, and the potential for diabetics to develop serious gum disease and lose their teeth prematurely.

Eva Harris takes molecular biology training workshops to Latin America

By JEFFREY NORRIS

Eva Harris gazes beyond the view of San Francisco's downtown high-rises and recalls the ramshackle slums and rural villages of Central America, where she first witnessed the devastating impact of the tropical diseases she studies.

When not abroad, she now works in a crowded corner of a UCSF Laurel Heights lab crammed with beakers, pipettes and devices used to detect DNA remains from microscopic disease agents hidden in biological samples. She is energized by the experience of having her own, positive impact, through the training of Latin American scientists to diagnose these tropical diseases. With vaccines non-existent, diagnosis leading to treatment serves as the foundation for disease containment in these countries.

Seven years ago, fresh out of Harvard and already having practiced science in Boston, Paris and Switzerland, she lit out for war-torn Nicaragua. She ended up at the Ministry of Health, full of ideas on how to use molecular biology — the study of the mechanisms by which genetic blueprints lead to the production of proteins — in the service of medicine.

Harris

There she met Alejandro Belli, now head of parasitology at the Ministry of Health, who was eager to learn the modern techniques. Together they worked out a way to apply molecular diagnostics to the chronic, debilitating disease caused by the microscopic parasite *Leishmania*, by detecting bits of genes unique to the organism.

Inspired by this early success, Harris began organizing training workshops in Nicaragua while simultaneously earning her doctorate at UC Berkeley. Each workshop is designed to train 20 doctors and public health workers and adapts modern biotechnology to diagnose leishmaniasis and other, deadly infectious diseases — cholera, dengue fever, and tuberculosis. These scourges affect countries too poor to attract the interest of companies that develop and market diagnostic kits in industrialized nations.

(See **HARRIS** *on page 2)*

Study to look at poison centers

Just two years ago, due to an excess of $230,000 in state budget cuts, The San Francisco Bay Area Regional Poison Control Center, based at SFGH, was almost forced to refuse calls from the nine outlying counties it served. In fact, Contra Costa County opted out of the system because of financial considerations.

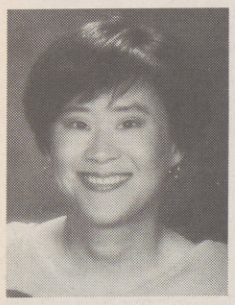
Now, the Poison Center has received a three-year, $564,000 grant from the Centers for Disease Control to study the cost-effectiveness of poison control centers by looking at cases of suspected poisoning in Contra Costa County. Though some of the county's calls did reach the poison center through indirect means, many were handled without any help from the center. The researchers will look at the costs and outcomes associated with the non-assisted calls, compared to those handled directly by the center.

The investigators also will test the value of a quick-reference card that will be used by 911 dispatchers and Kaiser Foundation Health Plan advice nurses to manage simple poisonings without any poison center help.

The study will be directed by Kent Olson, medical director of the center, who says that this is the first carefully designed study on the cost-effectiveness of poison centers located throughout the country. Other researchers on the study are Kathryn Phillips, Harold Luft and Richard Homan of the Institute for Health Policy Studies; Paul Blanc of the Department of Occupational and Environmental Medicine; and Thomas Kearney and Stuart Heard, from the Poison Center and Division of Clinical Pharmacy.

Gazette

Honors & Awards



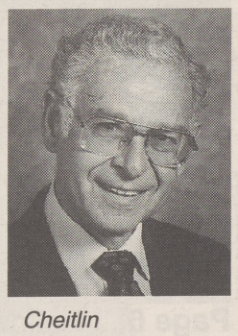
Tong

Elizabeth M. Tong, pediatric cardiology and family health and community nursing: Fellow, American Academy of Nursing.

Melvin Cheitlin, medicine and cardiology, SFGH:1995 Gifted Teachers Award of the American College of Cardiology.

Ousterhout

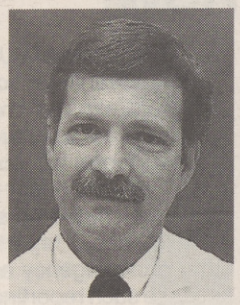
Douglas K. Ousterhout, plastic surgery: President, American Society of Maxillofacial Surgeons; member of the board, American Society of Plastic and Reconstructive Surgery.



Cheitlin

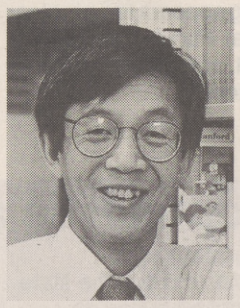
John A. Clements, pediatrics & CVRI: Virginia Apgar Award in Perinatal Pediatrics, American Academy of Pediatrics.

Jack W. McAninch, urology: Distinguished alumnus, Texas Tech University Ex-Students Association.



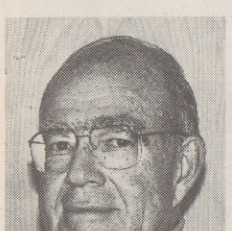
Smith

Richard A. Smith, oral & maxillofacial surgery: Research Training Award for Health Professions Students, Oral and Maxillofacial Surgery Foundation.



Lo

Bernard Lo, medicine, Program in Medical Ethics and Robert Wood Johnson Clinical Scholars Program: Member, Board on Health Sciences Policy, Institute of Medicine, National Academy of Sciences. Lo also testified before the President's Advisory Committee on Human Radiation Experiments.



Ostwald

Peter F. Ostwald, psychiatry & Health Program for Performing Artists: Vaslav Nijinksy Medal, Artists Agency, Republic of Poland. Ostwald is being honored for his biography, *Vaslav Nijinsky: A Leap into Madness* (Lyle Stuart, New York, 1991.)

Koster, Croughan-Minihane head committee

Allen J. Balderson

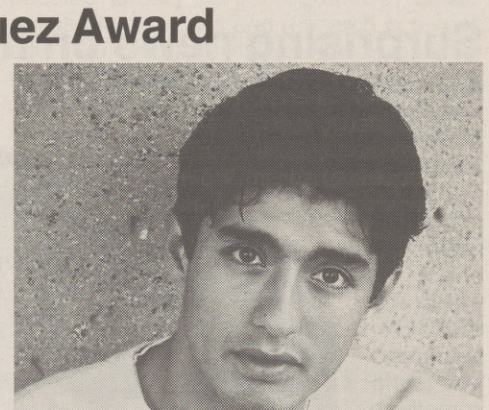
Carolyn Koster (right) has been named chair, Chancellor's Committee on the Status of Women, and Mary Croughan-Minihane has been named vice chair. Made up of faculty, staff and students, the committee is charged with examining issues regarding the status of women on this campus, analyzing existing policies, procedures and programs that affect those issues and recommending changes to the Chancellor so that the campus continues to afford women equal and fair access to UC programs and activities. Koster is management service officer, stomatology. Croughan-Minihane is assistant professor, family and community medicine and epidemiology and biostatistics.

Diaz receives Rodriguez Award

Second-year medical student Marco Diaz has received the 1994 Edilberto Antonio Rodriguez Award, which is presented each year to a medical student who best exemplifies the qualities of the former UCSF student and physician.

Like Rodriguez, Diaz overcame many obstacles to receive a college degree and to attend medical school and he also tries to act as a role model for others who dream of becoming physicians. "I do my part to reach back to those who follow, be they UCSF visitors from high school, college or interviewees in need of housing," Diaz says.

Rodriguez award winners must be dedicated to community service and Diaz has demonstrated his dedication by participating in the Med Teach program at James Lick Elementary School, where the majority of students are either Hispanic or African American. And as a member of Chicanos for Health Education, he has volunteered at the Mission Health Fair. He plans to pursue a career in primary care and to continue to volunteer his time at free clinics, which he says are "the best outpatient medical resource for those who would not otherwise seek help."



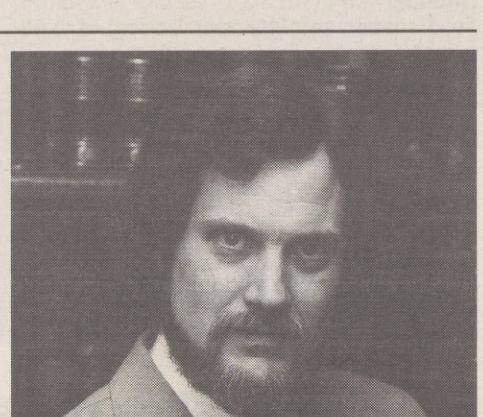
Allen J. Balderson

Marco Diaz

Miller correction

In the last issue of *Newsbreak*, in the story on Walter Miller, Larry Shapiro and Harold Varmus being elected to the AAAS, we inadvertently ran a picture of Ken Miller. To the right, is the real Walter Miller.

Walter Miller studies the molecular biology of steroid hormone synthesis. His laboratory has cloned the genes for steroidogenic enzymes, studied their regulation, and shown how mutations in these genes cause congenital adrenal hyperplasia, which affects about 1 in 10,000 newborns. His laboratory also has shown a specific role for insulin-like growth factors in adrenal growth, has shown that the most common form of adrenal hyperplasia is caused by gene conversions, and discovered a group of novel genes within the human 21-hydroxylase genes. He is professor of pediatrics and the Metabolic Research Unit and directs the Child Health Research Center.



Walter Miller

Spinal *(from page 1)*

nected to an oscilloscope, an idea he now plans to test in patients.

"Until very recently we have had no clue as to how general anesthetics actually work, although we know they work well," says Rampil, who gave a keynote address at the annual meeting of the American Society of Anesthesiologists in San Francisco on October 18 during a session on mechanisms of action of general anesthetics.

The discovery that anesthetic suppression of movement occurs in the spinal cord and not within the complex circuitry of the brain raises hopes that the identification of the mechanisms by which these anesthetics work may be a goal that is now within reach, Rampil says.

"We now have identified the site of one part of the anesthetic effect — motor nerve cells in the spinal cord — and we can better target our research to understand how cells on the molecular level respond under the influence of anesthetics, and how this results in suppression of movement," he says.

Cutting the rat spinal cord below the brain stem did not diminish the effectiveness of general anesthesia; the same amount of anesthetic was required to inhibit movement following a toe or tail pinch. According to Rampil, this suggests that anesthesia exerts its movement-inhibiting effect not in the brain, but farther down, in the spinal cord.

Harris *(from page 1)*

The success of the program relies on the enthusiasm, initiative and wherewithal of workshop graduates, as they seek to apply what they have learned to halt the spread of disease and to treat the infected. Success also depends on continuing consultation via electronic mail, telephone and facsimile machine.

"It's a chance to go and do it, without wading through a lot of red tape."

Government bureaucracies are in no sense the engine driving this grass roots public health campaign. "It's a chance to go and do it, without wading through a lot of red tape," Harris says.

The next workshop, sponsored by the Pan American Health Organization, will take place in Havana in December. Scientists from all over Latin America will attend. In general, workshop participants have no prior hands-on experience with molecular biology.

Harris has enlisted other students at Berkeley and UCSF to help train workshop attendees, and the head of the lab where Harris works, Nina Agabian, director of the Intercampus Program in Molecular Parasitology at UCSF and UC Berkeley, herself a veteran in training scientists from developing countries, hopes to participate in the second phase of training in Ecuador. Depending on the availability of funds, the Ecuador workshop is scheduled to take place in May, 1995.

Harris's "appropriate technology" is based on a laboratory technique called the polymerase chain reaction (PCR), developed a decade ago. PCR is used to replicate unique genetic material of interest — from a disease pathogen, for example — millions of times, so that it can serve as an easily detected genetic fingerprint.

The new methods are cheaper and faster than older, standard diagnostic techniques, and they work in places such as Nicaragua, where the availability of electricity and water is unreliable. Harris and her newly trained colleagues have found ways to simplify PCR for identifying agents of disease under difficult conditions.

Inside UCSF

How much toilet paper do we use?
463,664,000
square feet
on average per year
That's enough toilet paper to stretch from San Francisco to Los Angeles and back 117 times.
(A typical sheet of toilet paper is 4 x 4½ inches.)
Sources: Environmental Services, Facilities Management & Millberry Programs & Services

UCSF *Newsbreak*

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Deadline for the next issue, which will cover November 26-December 16 (three weeks), will be on **Friday, November 11, at 11 a.m.** Please send campus news copy to Allen Balderson (476-3163), Medical Center news to Lisa Cisneros (476-3256), and calendar and gazette items to Michele Firpo (476-3257), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer.

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The latest on AIDS work at UCSF

While the AIDS epidemic continues, physicians, researchers, health care providers, epidemiologists, psychologists, psychiatrists, counselors, and a host of other UCSF professionals are shaking off the disappointments and discouragements of the past decade and getting to the business of helping to save lives, helping people cope better, finding more clues to the deadly disease and designing and conducting more clinical trials than ever before.

So much AIDS and HIV work is coming out of this institution that we could write stories on the subject in virtually every issue of *Newsbreak*.

We dedicate this page to the latest information to come out of UCSF in the past month.

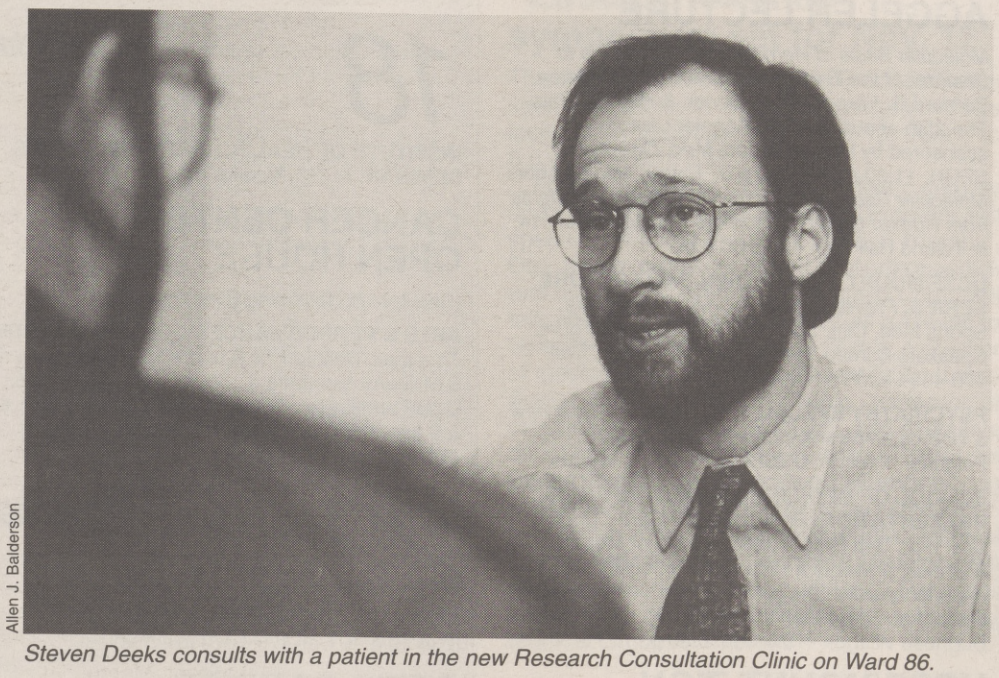
New clinic gives advice on experimental therapies to HIV patients

By RUTHANN RICHTER

HIV-infected patients face a bewildering number of health care decisions, among them whether or not to try experimental therapies offered by a variety of clinical research programs in the Bay Area.

In an effort to make these decisions easier by providing more information and advice tailored to the individual's health status and needs, the UCSF AIDS Program at SFGH has opened an HIV Research Consultation Clinic on Ward 86. It is free to anyone infected with HIV.

"There are so many clinical trials out there, it can be really confusing for people," says director of the consultation clinic Steven Deeks, clinical instructor of medicine and an attending physician on Ward 86, the AIDS Outpatient Clinic at SFGH. "In the Bay Area alone there are anywhere from 50 to 100 clinical trials enrolling participants every month. Out of those, perhaps 20 to 30 are enrolling participants at SFGH," says Deeks. "This is an educational clinic," he emphasizes. "We talk about the basic science of HIV disease, experimental research trials, and the implications for the patient. This is not a recruiting process."



Allen J. Balderson

Steven Deeks consults with a patient in the new Research Consultation Clinic on Ward 86.

Patients are seen for approximately 30 minutes and given information on the latest information on the biology of HIV infection as well as the most current research in HIV disease and treatments. Each patient's individual health status is discussed and information is shared about what clinical trials are available in the Bay Area and at SFGH, what the benefits and risks are, and what the eligibility requirements are for entering specific clinical trials.

"This is not a primary care clinic," Deeks emphasizes. "Patients who come to us for research consultation are then referred back to their primary care providers for continuing care. We do have a large number of research trials at SFGH, but we do not provide primary care in our research consultation clinic."

For further information or to make an appointment, call 476-0828. Patients can refer themselves to the clinic; they do not have to be referred by a health care provider.

Community Consortium Directory and Trials Search

Meanwhile, complementing the new SFGH Research Consultation Clinic is the *Directory of HIV Clinical Trials in the Bay Area*, which is now in its fifth year. Produced by the Community Consortium, an association of more than 200 Bay Area HIV health care providers who care for the majority of people with HIV in the Bay Area, the directory has comprehensive descriptions of 107 clinical trials along with resource sections. For further information call Nicole Mandel at 476-7147.

Supplemental to the directory, the Consortium now is putting out a new "Trials Search" brochure which lists HIV clinical trials in the Bay Area and uses the confidential medical information provided to them and the study criteria given to them by researchers to produce a personalized list of clinical trials. For further information call 476-5777.

Baboons may lead way to AIDS vaccine

More than a decade into the AIDS epidemic, leading UCSF AIDS researcher Jay A. Levy reports finding the first animal model for the devastating human disease. Levy reported in *Science* (October 28) that his laboratory group has successfully infected 10 baboons, which have immune systems similar to humans, with HIV 2, a West African variant of the human AIDS virus HIV 1. Tests show that the virus not only damages the immune systems of the baboons, but also causes them to develop AIDS-related disorders which also affect humans.

"The persistent HIV infection and disease progression in baboons will enable us to study new therapies and vaccines," says Levy, professor of medicine and a research associate at the Cancer Research Institute.

Collaborating on the baboon studies with Levy, who was one of the first to isolate the AIDS virus some 10 years ago, are: Susan Barnett, formerly at UCSF, who has since joined Chiron Corp., in Emeryville, where she is applying the primate model to test possible AIDS vaccines; Kris Murthy, of the Southwest Foundation for Biomedical Research, in San Antonio; and pathologist Brian Herndier, who is located at SFGH. Barnett is the first author of the *Science* article.

As part of studies on how HIV causes AIDS, Levy is using the baboon model to better understand how a certain type of immune cell found in the body, called an activated CD8+ cell, prevents HIV infection from progressing to full-blown disease.

He originally discovered this effect of activated CD8+ cells during studies of HIV-infected individuals in San Francisco who survived infection without contracting AIDS for a decade or more. Their long-term survival is a result of maintaining high levels of CD8+ cells with anti-HIV responses, according to Levy. These cells make proteins important in regulating the immune response and fighting disease.

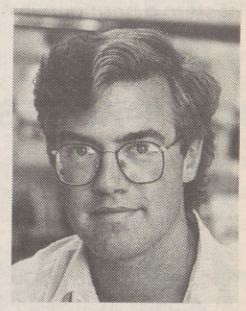
J.M. McCune to join Gladstone

The inventor of an important animal research model for studying HIV, Joseph McCrary (Mike) McCune, has accepted a position as an associate investigator at the Gladstone Institute of Virology and Immunology, which is located at SFGH.

McCune has a pending appointment as a UCSF associate professor of medicine. He also will be appointed associate director of the General Clinical Research Center (GCRC) at SFGH.

McCune is an immunologist and infectious disease specialist who is recognized internationally for his basic research on the mechanisms that govern the behavior of HIV and for his work toward better therapies for the disease. He has cared for patients in the AIDS Outpatient Clinic at SFGH since 1987 while involved in laboratory research at Stanford and then at SyStemix, Inc. in Palo Alto.

McCune was one of the founders of SyStemix, Inc. in 1988. He was its scientific director until 1991 and then vice president of its exploratory research group, the New Enterprise Research Division. He will continue with his current responsibilities at SyStemix until January, organize a collaborative research program between SyStemix and Gladstone, and remain associated with the company as a consultant.



Mike McCune

The research model McCune developed is the SCID-hu mouse. He was a postdoctoral fellow at Stanford's School of Medicine at the time (1987), and his work focused on the need for a better animal model to study HIV infection. The SCID-hu mouse has a human-like blood-forming system and, therefore, can be used as a surrogate for humans in testing HIV therapies and in understanding mechanisms of the disease.

Contrary to popular belief, HIV prevention programs can be effective

By REBECCA HIGBEE

In the past couple of years, there has been a lot of public pessimism that HIV prevention programs just don't work. Now, a recent study by UCSF researchers has found that HIV prevention programs can be effective in changing risk-taking behavior and in decreasing the number of new HIV infections over time.

Results of the UCSF study, "Prevention of HIV Infection," appear in the October issue of the London-based journal *AIDS*.

In their study, Kyung-Hee Choi, researcher at the Center for AIDS Prevention Studies (CAPS) and co-author Thomas J. Coates, director of CAPS, set out to address three questions they defined as the most critical in intervention research: Have AIDS prevention programs had long-term success in changing behavior? What recommendations can be made to program developers? Where should HIV prevention research be heading?

To find answers, Choi and Coates reviewed 77 published studies of HIV intervention programs implemented around the world in the past 10 years.

The studies covered a variety of intervention target groups (gay or bisexual men, injecting drug users, heterosexuals, young adults and adolescents), treatment units (individual, group, organization or community), and implementation settings (clinic, school).

What we found was encouraging, says Coates. "We identified about 20 studies — 26 percent of the studies reviewed — in which long-term behavior change was assessed and demonstrated," he says. "Those skeptical of the potential of preventive interventions to bring about change should be encouraged by this data," says Choi.

The researchers were able to identify common elements in the successful programs, resulting in 10 recommendations for HIV-intervention program developers, including:

- Sustained interventions are more likely to lead to sustained behavior change.
- More intense interventions are more likely to result in greater risk reduction.
- Accessibility to devices that are necessary to safer practices reduces risk for HIV infection.
- Innovative use of media and applying the principles of marketing to the sale of condoms can result in safer sex for entire populations.

The UCSF research was supported by the National Institute of Mental Health, the Kaiser Family Foundation and AIDSCAP/Family Health International.

Growth hormone helps AIDS patients gain lean body mass

By RUTHANN RICHTER

AIDS patients given daily injections of bioengineered human growth hormone gained significantly more weight, particularly lean body mass, than those injected with a placebo, according to results of a large, multicenter trial coordinated by campus researchers.

The two-year study found that those patients taking growth hormone gained an average of 3.6 pounds over three months of therapy, including 6.6 pounds of lean body tissue, says SFGH research endocrinologist Morris Schambelan, principal investigator of the study.

The increases in lean body mass were greater than the increases in weight gain as the patients lost an average of three pounds of fat while adding lean tissue. By comparison, patients in a control group gained less than one pound on average and had no significant changes in body composition, Schambelan says.

The study also found that patients who gained lean body mass were able to perform better on treadmill endurance tests, exercising longer and at higher workloads, Schambelan says. Those who lost lean body mass showed a decline in treadmill performance. Schambelan presented results of the study on October 14 at the Third International Symposium on Nutrition and HIV/AIDS.

"It is important to emphasize that no other therapy has had such a consistent, positive effect on restoration of lean body mass in patients with AIDS-associated wasting," Schambelan says.

Weight loss is a common complication among AIDS patients and may make them more vulnerable to opportunistic infections and compromise their quality of life. Patients suffering from AIDS wasting syndrome are more likely to die sooner.

In the trial, which involved mammalian cell-derived growth hormone, the researchers tested the value of the drug as a weight-gain therapy in 178 AIDS patients, 172 men and six women, who were enrolled in 12 medical centers around the country. The study included 50 patients from San Francisco who were followed at either San Francisco General Hospital or the Veterans Affairs Medical Center.

The patients all had lost weight before entering the study, but were still able to function and get around, Schambelan said. They were assigned to two groups, with half getting growth hormone and the other half a placebo. Neither the researchers nor the patients knew who was receiving growth hormone. The patients injected themselves with their assigned drug daily over three months and were monitored for changes in weight, body composition, endurance, and other physical factors.

Schambelan says other weight-gain therapies used in AIDS patients, such as appetite stimulants or intravenous feedings, tend to promote fat gain rather than a gain in lean tissue.

Abrams receives $7.2 million

Donald I. Abrams, professor of medicine at the UCSF AIDS Program at SFGH, has received a five-year, $7.2 million contract from NIH's National Institute of Allergy and Infectious Diseases to continue his work with community-based AIDS clinical trials programs serving San Francisco, Alameda and Marin counties.

The trials, through the Community Consortium, will focus on new ways to prevent and treat opportunistic infections associated with HIV infections, including those seen in late stage HIV infection — *Pneumocystis carinii* pneumonia, fungal infections common to HIV-infected women and cytomegalovirus infections. The trials also will investigate agents to prevent and treat *Mycobacterium tuberculosis* and *Mycobacterium avium intracellulare.*

Today/Tomorrow

OPEN ENROLLMENT MEETINGS

Learn about your options for insurance coverage at these meetings. (See story on page 6 for details.)

Carrier open houses

♦ Tues., Nov. 15, 7:30 a.m.-3 p.m., Millberry Conference Center.

♦ Wed., Nov. 16, 10 a.m. -2 p.m., Rm. 126, MCB.

Benefits meetings

♦ Fri., Nov. 11, noon-1:15 p.m., Toland Hall

♦ Mon., Nov. 14, noon-1:15 p.m., Carr Aud., SFGH.

♦ Fri., Nov. 18, noon-1:15 p.m., Toland Hall

♦ Fri., Nov. 18, 7:30 -8:30 a.m., Herbst Hall, UCSF/Mount Zion.

♦ Mon., Nov. 21, noon-1 p.m., Herbst Hall, UCSF/Mount Zion.

♦ Tues., Nov. 22, noon-1:15 p.m., Rm. 125, MCB.

♦ Wed., Nov. 23, noon-1:15 p.m., Toland Hall.

12 Saturday

"ETHICS IN SCIENCE" SYMPOSIUM

(See item in Upcoming Events on page 5.)*

THEATER WORKSHOP FOR WOMEN

The Dismembered Heart — A Theater Workshop for Women. Performer and artist Rhodessa Jones helps participants use movement, vocalizing and dreams in a safe environment to promote healing. Sponsored by Women's Resource Center. $30. C 130. 1-4 p.m. Call 476-5222.*

13 Sunday

UCSF ORCHESTRA CONCERT

(See item in Upcoming Events on page 5.)*

14 Monday

UCSF MEDICAL GROUP/SENIORITY PLUS SENIOR LECTURE SERIES: *Ten Commandments of Medicine Use.* Linda Bernstein, Pharm., teaches safe and proper use of medication. Lakeside Presbyterian Church, Eucalyptus & 19th Ave. 10-11 a.m. Call 476-0373.*

IMPROVING MANAGEMENT

Learn about the Improved Management Initiatives, a proposal that would change the University's approach to staff personnel program design, compensation and classification, in a discussion with Steve Barclay, administration, Michael Adams, Affirmative Action/Equal Opportunity, and Randy Lopez, Human Resources. Discussion followed by question-and-answer period. Cole Hall. 1-2:30 p.m. (See story on page 6.)

15 Tuesday

MEDICAL CENTER VOLUNTEER ORIENTATION: To acquaint new & potential volunteers with opportunities available at the Medical Center. LPPI Aud. 9 a.m.-noon. Call 476-1196.*

OB/GYN & REPRODUCTIVE SCIENCES LECTURE: *Reproductive Technology: Ethical Dilemmas.* Mary C. Martin, Ob/Gyn & Repro. Sci.; Bernard Lo, Med., Prog. in Med. Ethics & Robert Wood Johnson Clin. Scholars Prog. S 1364. 9 a.m.

AGGELER LECTURE

Molecular Basis of Hemolytic Anemias Due to Disorder of the Erythrocyte Membrane Skeleton. Bernard G. Forget, Med., Genet. & Hemat., Yale. The 25th annual Paul M. Aggeler Lecture sponsored by Hemat. & Lab. Med. Carr Aud., SFGH. 11:30 a.m.-12:30 p.m. Forget also presents *Molecular Basis of Hemoglobin Switching: Insights from Human Genetic Disorders*, on Mon., Nov. 14, in Toland Hall from 4 to 5:30 p.m.

UCSF/MOUNT ZION BROWN BAG LECTURE SERIES: *Preventing Ski Injuries*. Dev Mishra, Sports Med. Clin. Sponsored by Campus Tours/ Speakers Bureau. Herbst Hall, MZ. Noon. Call 476-4394 for information.*

PSYCHIATRY SPECIAL LECTURE: *An Overview & Update on New Antidepressants.* John P. Feighner, Psychr., UCSD. LPPI Aud. 1-2 p.m.

SCHOOL OF MEDICINE STUDENT AFFAIRS PRESENTATION: *Burma: Health Care During a Civil War.* Ben Brown, 1992 School of Medicine alumnus, presents a slide show reflecting his experiences over the past five years as a medical student and physician volunteer with refugees in Burmese villages. HSW 300. 6:30 p.m.*

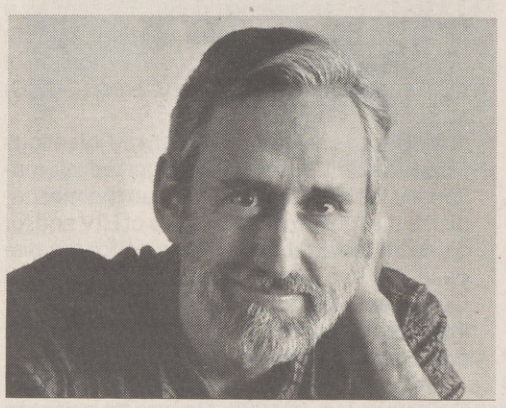
UCSF/MOUNT ZION COMMUNITY MEETING

(See item in Upcoming Events on page 5.)*

16 Wednesday

BROWN BAG LECTURE SERIES: *What Is Gene Therapy?* Melissa Elder, Ped. Sponsored by Campus Tours/Speakers Bureau. HSW 300. Noon. Call 476-4394.*

PREVENTIVE HEALTH LECTURE SERIES: *Fat: Can It Be Managed?* Diane Budd, Med., discusses controversies and realities of women and weight. Sponsored by Campus Tours/Speakers Bureau. Giannini Aud., Bank of America Cntr., 555 California. Noon-1 p.m. Call 476-2641.*



Danny Zeitlin

"MUSIC FOR HUMANITY"

Concert features jazz piantist Danny Zeitlin, Psychr., and The Francis Lockwood Quintet. Proceeds benefit the international aid organization Doctors Without Borders. $8/10/15/25. Cole Hall. 7 p.m. Call 476-2542. (See item in Upcoming Events on page 5 for details.)*

17 Thursday

TAY-SACHS SCREENING: Tay-Sachs screening for pregnant couples. Sponsored by the Reproductive Genetics Clinic and part of the California Tay-Sachs Disease Prevention Program. Suite 810, 350 Parnassus. Opens 9 a.m. Call 731-3437 for an appointment and more information.*

MEET THE DOCTORS

(See item in Upcoming Events on page 5.)

18TH ANNUAL GREAT AMERICAN SMOKEOUT

(See item in Upcoming Events on page 5.)*

MISSION CENTER BROWN BAG LECTURE SERIES: *Oh, My Aching Neck!* H. Ulrich U. Bueff, Ortho. Surg., MZ. Sponsored by Campus Tours/ Speakers Bureau. Rm. 125, Mission Center Bldg., 1855 Folsom. Noon. Call 476-4394 for information.*

PREVENTIVE HEALTH LECTURE SERIES: *Breast Cancer: Media Hype or Epidemic?* Laura Esserman, Breast Care Center, explains what you should know about breast cancer prevention and screening. Sponsored by Campus Tours/Speakers Bureau. Giannini Aud., Bank of America Cntr., 555 California. Noon-1 p.m. Call 476-2641.*

ARTS & PERFORMANCES COLE HALL CINEMA: *True Lies.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8:30 p.m. (Movies subject to change.) Call 476-2542.*

18 Friday

INSTITUTE OF HEALING ARTS & SCIENCES SEMINAR. N 721. Noon-1 p.m.*

CANCER CENTER OPEN HOUSE

(See item in Upcoming Events on page 5.)*

ARTS & PERFORMANCES COLE HALL CINEMA: *True Lies.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9 p.m. (Movies subject to change.) Call 476-2542.*

22 Tuesday

NEW EMPLOYEE ORIENTATION: S 214. 8:30-10 a.m. Call 476-1073 to schedule.

SEE'S CANDIES HOLIDAY SALE

Get your candy for the holidays! One-pound boxes of See's candies and certificates on sale. Sponsored by EMPACT!. Med. Sci. lobby. 11 a.m.-2 p.m.*

23 Wednesday

BROWN BAG LECTURE SERIES: *The Healing Power of Gratitude: A Holiday Special.* Therapist Karilee H. Shames, Nurse Empowerment Workshops, teaches how to awaken your inner healer and empower your life through mind, power and appreciation. Sponsored by Campus Tours/ Speakers Bureau. HSW 300. Noon. Call 476-4394.*

24 Thursday

THANKSGIVING DAY

DEVELOPMENT & TRAINING

For further information call 476-4032.

Productive Communication for Managers & Supervisors. Wed., Nov. 16. 9 a.m.-3 p.m. $70.

Medical Terminology: An Introduction. Tues., Nov. 22, 29, Dec. 6, 13. 2-4:30 p.m. $90.

Writing Job Descriptions & Understanding Classification Concepts. Wed., Nov. 30. 8:30 a.m.-12:30 p.m. $40.

Business Writing Basics. Tues. & Fri., Dec. 6, 9, 13, 16. 9 a.m.-noon. $90.

Customer Service Strategies. Wed., Dec. 7. 8:30 a.m.-4:30 p.m. $80.

Supervisor's Guide to Performance Evaluation. Thurs., Dec. 8. 8:30 a.m.-4:30 p.m. $40.

Demystifying Gift/Private Grant Acceptance. Wed., Dec. 14. 9 a.m.-noon. $40.

The UCSF Budget Process. Tues., Dec. 20. 9 a.m.-4:30 p.m. $40.

CONTINUING EDUCATION

MEDICINE

For program information call 476-4251. To register call 476-5808 unless otherwise noted.

Stabilization & Management of the Critically Ill Child. Mark Hopkins Hotel, SF. Dec. 3-4.

Clinical Care of the AIDS Patient. Sheraton Palace Hotel, SF. Dec. 8-10.

Controversies in Women's Health. ANA Hotel, SF. Dec. 8-9.

The 19th Annual Neurosurgery Postgraduate Course & 13th Annual Neurosurgical Nurses' Conference. Hyatt Regency, SF. Dec. 8-9.

New & Practical Approaches to Glaucoma Management. Ritz-Carlton Hotel, SF. Dec. 8-10.

Health Care Policy Dilemmas: Balancing Costs & Quality of Care. Farimont Hotel, SF. Dec. 12.

Recent Advances in Neurology. Ritz-Carlton Hotel, SF. Feb. 15-17, 1995.

Molecular Approaches to Laboratory Diagnosis. Ritz-Carlton Hotel, SF. Feb. 18-21, 1995.

Annual Review in Family Medicine: Controversies and Challenges in Primary Care. Hotel Nikko, SF. Mar. 29-31, 1995.

Family Practice Board Review Course. Hotel Nikko, SF. July 10-13, 1995.

DENTISTRY

For further information call 476-1101.

Periodontal Case Management: Expanding Current Concepts. Stockton Hilton. Nov. 18.

Pharmacology & Therapeutics for the General Practitioner. UCSF. Nov. 19.

Island Dental Colloquium. Ritz-Carlton Mauna Lani, Kona Bay, Hawaii. Jan. 23-27, 1995.

RAPE PREVENTION

Classes, workshops & support groups sponsored by UCSF Rape Prevention Program. Call 476-5222 for more information.

Personal Safety, Rape & Assault Prevention Presentations. By appointment to campus departments & employees in the workplace.

Support Group for Sexual Assault Survivors. Twelve consecutive weekly sessions, 5:30-7 p.m. on a day to be arranged. $5-$25 sliding scale.*

CPR TRAINING

Basic CPR. A 3-4 hour course in basic cardio-pulmonary resuscitation sponsored by the UCSF CPR Center. For information & registration call 476-1817.*

CPR Road Show. Traveling CPR demonstration. Sponsored by the UCSF Center for Pre-Hospital Research & Training. For more information call Laura at 476-8502.*

AIDS/ARC/HIV+ SUPPORT

Anonymous & confidential caring, support & training for people with AIDS, those who have tested HIV positive & others affected by the epidemic. Sponsored by UCSF AIDS Health Project. Call 476-6430 for administrative office. Call client services at 476-3902 to schedule required intake interviews for groups (except drop-in group).*

Individual Risk Assessment & Referrals. By appointment.

Facilitated Ongoing Groups. For persons with HIV/AIDS and for caregivers, including a group for women caregivers.

Facilitated Time-Limited Groups. For HIV- gay and bisexual men, for HIV+ asymptomatic persons and for HIV+ heterosexual African American men.

Monday Night Drop-In Group for HIV+/PWA. Call 476-3902 for location.

HELP ELIMINATE SCHEDULING CONFLICTS

In order to help the campus avoid conflicts in scheduling important events, Public Affairs has a computerized calendar. It is suggested that faculty, students & staff call 476-3257 when they are planning an event to find out what may have been scheduled for that date. Please note that in order to reserve campus conference rooms & auditoriums, it is still necessary to call Millberry Union at 476-2571, Room Reservations at 476-4436, Faculty/Alumni House at 476-4723, Laurel Heights at 476-8100 or the individual school or department.

BEAR-LY NEW THRIFT SHOP

The Bear-ly New Thrift Shop is open for shopping and donations. They accept clothing, housewares, jewelry, dry goods and more. No furniture. Part of the proceeds benefits the Hospitals Auxiliary for pediatric and patient amenities. 1752 Fillmore St. between Sutter & Post. Hours: 11 a.m.-4 p.m., Monday-Saturday. Call 921-2789.

CRIME PREVENTION

Presented by UCSF Police Department Crime Prevention Program. Call 476-5683 for information & reservations.

Crime Prevention Presentations. By appointment to campus departments & employees in the workplace.

Tear Gas Class. Department of Justice certified. Pre-registration required.*

THE NEXT DEADLINE

Fri., Nov 11, 1994 is the deadline for items to be listed in the next calendar, which covers **Nov. 26-Dec. 16, 1994** (three weeks). Complete information must be received in our office in writing by 11 a.m. on that Friday. Mail your copy to Michele Firpo at Box 0462, send a fax to 476-3541, bring it to UCSF/ Laurel Heights, 3333 California St., Suite 103 or call 476-3257.

November 12-25, 1994

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

MONDAY

JEWISH WOMEN'S DIALOGUE GROUP: Meets every other Monday. Call 476-6423 for dates & locations.*

UCSF STAFF COUNCIL MEETING: Meets second Monday of each month. Noon-2 p.m. Call 476-5756 for more information.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 626-5633.*

COLORECTAL CANCER SUPPORT GROUP: Meets on the second and fourth Mondays of each month. Reservations must be made at 929-7114. No drop-ins will be allowed. UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAY

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly at noon. Call 476-5222 for dates & location.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: Meets first Tues. of each month. MU 111W. Noon-1 p.m. Call 566-8406.*

OVEREATERS ANONYMOUS MEETING: OA literature & discussion meeting. N 617. Noon.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of the month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or UCSF/Parnassus. Meets every Tues. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Meets the second Tuesday of the month. S 22. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of the month. S 758. 7:30-9 p.m. Call 284-0208.*

WEDNESDAY

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Meets second Wednesday of each month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues will be present. Call 282-9650 for more information.

"AT THE HEART OF IT" CARDIAC SUPPORT GROUP: For heart patients to share experiences, successes, concerns & anxieties. An ongoing six-week series. Call Kathleen Congdon at 885-7227.*

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: Open to anyone interested in learning more about psychiatric disorders & their treatments. Call Laura Deering-Mayclin at 476-7394 for more information.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Meets second Wednesday of each month. HSW 508. Noon. Call Al Lopez at 476-1334.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call Betty Jerez at 476-7117 for meeting places & dates.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

STEP-FAMILY SUPPORT GROUP: For parents & step-parents. Call Sandra Norberg at 476-6389 for dates and location.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. A, 3rd fl., MCB. 12:05 p.m. Call 621-1326 for more information.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

DIRECTIONS: For women newly diagnosed with breast cancer. Meets every Wed. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5-6:30 p.m. Pre-registration necessary. Call 885-3693 or 885-7498.*

SUPPORT GROUP FOR RAPE SURVIVORS: Sponsored by Women's Resource Cntr. Meets every Wednesday. $180 for ten sessions. Intake interview required. 6-8 p.m. Call 476-5222 for location & to pre-register.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. Meets every Wednesday. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: A twelve-step program for people who have dysfunctional long-term relationships. Meets every Wednesday. LP 01 (LPPI basement). 8-9:30 p.m. Call 432-3529.*

THURSDAY

LESBIAN LUNCH GROUP: Monthly on Thursdays. Call 476-5222 for meeting dates & locations.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously and weekly on Thursdays. UCSF/Mount Zion Cancer Cntr., 2356 Sutter, 2nd fl. 1-2 p.m. Call 885-7623.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thursdays. 6-8 p.m. Call 775-2854 to preregister & for locations.*

FRIDAY

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Most Fridays. Noon-1 p.m. L 535. Call 476-5836.

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326 for more information.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: Meets on the first Friday of each month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call Edith Kaplan at 986-2305.*

For information on 12-step and support groups (other than AA and Al-Anon), call the Mental Health Association of San Francisco at 921-4044.*

ITS COMPUTER CLASSES

Information Technology Services sponsors the following classes. Call 476-2012 for descriptions and registration forms.

- Mon., Nov. 14: *Demystifying Computers*. $80. 9 a.m.-noon.
- Thurs., Nov. 17: *Beginning Excel for Windows* (PC). $195. 9 a.m.-4 p.m.
- Tues., Dec. 6: *Intermediate WordPerfect 6.0 for Windows* (PC). $170. 9 a.m.-4 p.m.
- Thurs., Dec. 8: *Beginning Excel* (Mac). $195. 9 a.m.-4 p.m.
- Fri., Dec. 16: *Intermediate Excel for Windows* (PC). $195. 9 a.m.-4 p.m.
- Tues., Dec. 20: *Intermediate Microsoft Word 5.1* (Mac). $160. 9 a.m.-4 p.m.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $60. To make an appointment call 476-2193 between 9 a.m. & 3 p.m.*

Because the service has become so popular and appointments are filled by the time this calendar is published, we list only dates when the van will be at UCSF locations and when appointments are still available:

- Fri., Dec. 2: UCSF/Parnassus at Medical Center Way.
- Fri., Dec. 16: Lakeside Senior Medical Cntr., 2501 Ocean Ave.
- Fri., Jan. 6: UCSF/Parnassus at Medical Center Way.

*Open to the public.

Upcoming Events

"Ethics in Science" symposium set for Nov. 12

The UCSF/UCB Bioengineering Graduate Group sponsors "Ethics in Science," a program of five lectures on Saturday, November 12, from 1 to 5 p.m. in Toland Hall.

Michael Harrison, chief of pediatric surgery and director of the Fetal Treatment Program, will speak on "Ethical Problems in Fetal Therapy"; Don Jewett, professor emeritus of orthopaedics and director of research at Abratech Corp., will talk about "The Research Audit as a Means to Scientific Credibility"; Stanton Glantz, professor of medicine, will talk about "Scientific Truth and Social Action"; Barbara Koenig, professor of medical anthropology at UCSF and executive director of the Stanford University Center for Biomedical Ethics, will present "Bioengineering Ethics"; and William Anderek, chair of the Bioethics Committee at California Pacific Medical Center, will talk about "Historical Development of Contemporary Medical Values." For more information, call Debra Harris, Bioengineering Medical Group, at 476-5151.

Dance the Cha Cha Cha

Throw off those tired UCSF work-a-day uniforms and get into something comfortable to learn Cha Cha Cha at a workshop on Saturday, November 12, from 5 to 7 p.m. Open to all levels of ballroom dancers. For further information go to the Millberry Fitness Center, or call 476-1115.

UCSF Orchestra introduces new conductor

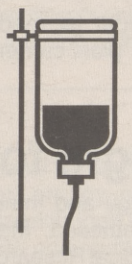
The UCSF Orchestra will have a special performance on Sunday, November 13, beginning at 4 p.m. in the Millberry Gym to introduce its new conductor, Jeremy Swerling. Tickets are $4/6/8. Works by Dvorak, Suyk and Schumann will be performed. For more information, call 476-6761.

Nominations due for MLK Awards

Nominations are due on Monday, November 14, for the annual Dr. Martin Luther King Jr. Awards to be given the week of January 16, 1995. Three awards will be given — one each to an academic faculty member, staff employee and student. Any campus community member is eligible to nominate somone. For more information, including a full list of criteria and nomination forms, call Affirmative Action/Equal Opportunity at 476-4752. Last year's recipients were Elba Clemente-Lambert, Kathleen Giacomini and Tammie Quest. MLK Week's official theme for 1995 is "Nonviolence in Action: Empowering Future Generations to Serve." Watch for posters and detailed stories in future issues of *Newsbreak*.

Blood drive continues

"Promises from the Heart" is the theme for the blood drive which continues through Tuesday, November 15, at the UCSF Blood Donor Center. The drive is sponsored by Many Helpers Outreach Network Agency.



Donations may be made at the UCSF Blood Donor Center, Rm. L 131, weekdays from 8 a.m. to 7:45 p.m. and Saturdays, 9 a.m. to 4:30 p.m. For more information, call the UCSF Blood Donor Center at 476-6989.

UCSF/Mount Zion next community meeting

UCSF/Mount Zion will hold its next monthly community meeting to discuss any issues of concern, including construction plans, on Tuesday, November 15, beginning at 7 p.m. The meeting will be held in UCSF/Mount Zion's Executive Board Room, second floor, 1600 Divisadero Street. This will be the last meeting in 1994. For more information, call Community Relations at 476-3206.

"Music for Humanity"

Save Wednesday, November 16, at 7 p.m. for a special concert to benefit Doctors Without Borders, an international aid organization based in Paris, which has sent over 2,000 doctors and nurses on emergency medical missions this year to Rwanda, Bosnia and India. The event, to be held in Cole Hall, will feature internationally known jazz pianists Denny Zeitlin (who also is a UCSF psychiatrist) and Francis Lockwood from France. Tickets at $25 general, $15 UCSF staff and faculty, $10 students/seniors/disabled and $8 UCSF students are available at Millberry Central Desk.

American Smokeout comes to campus Nov. 17

The campus celebration of the 18th annual Great American Smokeout is slated for Thursday, November 17. The event is a light-hearted effort to encourage smokers to give up cigarettes for 24 hours.

Students from all of the UCSF schools will staff tables to dispense anti-smoking information and materials in several lobbies of campus buildings from 11 a.m. to 1:30 p.m. At each of the information tables, members of the Respiratory Therapy Department will offer free pulmonary function tests.

For more information on the event, call Jim Crawford at 591-8131.

Meet doctors at Mount Zion

The Auxiliary of UCSF/Mount Zion, in conjunction with the West Bay Council of Volunteers, invites the neighborhood and the campus community to "Meet the Doctors of Mount Zion" on Thursday, November 17, beginning at 9:30 a.m. in the Pavilion, 2356 Sutter Street.

Andrew Kneier, clinical psychologist, Melanoma, Urology/Oncology and H. Ulrich U. Bueff, chief of orthopaedics, will discuss "Focusing on Coping with Change."

Auxiliary members are welcome at no charge. Guests are welcome with lunch optional at $15. For more information, call 885-7354.

UCSF/Mount Zion Cancer Center hosts open house

The UCSF/Mount Zion Cancer Center and its new Resource Center will be introduced to the public at an open house Friday, November 18, from 3:30 to 7 p.m. at the center, 2356 Sutter Street. People will have a chance to meet top UCSF cancer care specialists and tour the eight-story Cancer Center and its Resource Center. The opening of the outpatient facility is another step toward creating what could become the only National Cancer Institute–designated Cancer Center in Northern California. For more information, call 885-3888.

Brecher Lectureship Dec. 8

The Department of Laboratory Medicine sponsors the Brecher Lectureship featuring physician Paul Griner, who will speak about "Measures of Health Care Quality: New Directions and Uses," on Thursday, December 8, from 3:30 to 5 p m. in Rm. C 701. Griner is director and CEO of Strong Memorial Hospital in Rochester, NY. For more information, call 476-4186.

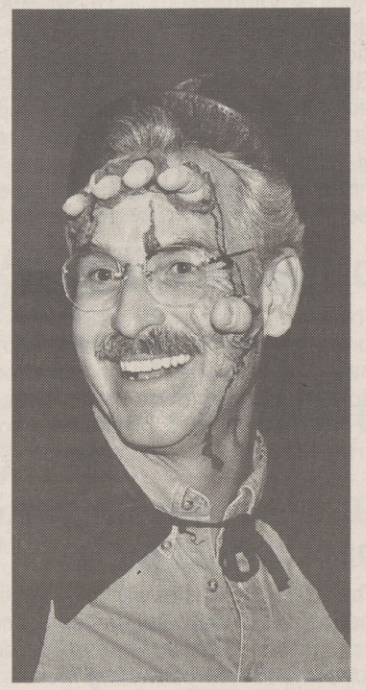
Ozma benefits Auxiliary

UCSF's theater group, the Parnassus Players, will present *Ozma of Oz,* a play adapted by Susan Zeder that continues where the ageless L. Frank Baum book *The Wizard of Oz* leaves off. Directed by Jennifer Leah Chan, the Players' third show this year and its first benefit for the Hospitals Auxiliary is slated for December 9, 10, 16 and 17 at 7 p.m. Sunday matinee is December 11 at 2 p.m. Tickets cost $8 for adults, $5 for students and children under 14. Tickets are available at the box office, which opens one hour before the show. Produced by special arrangement with Anchorage Press, New Orleans. For more information and advance ticket sales, call 476-2542.

Lasker Award lectures, reception postponed

A special lecture presentation and reception featuring UCSF's latest Lasker Award winners — Stanley B. Prusiner and John A. Clements — will be held sometime in January. Watch *Newsbreak* for further details.

Fun Zone



Allen J. Balderson

(Top) From the Laurel Heights celebration, Ms. Hazardous Materials (Shar Suke from Design & Construction) and José (Maria Gomez from Health Connections) take first- and second-place prizes in costumes; and on Parnassus, (right) a little lion and (far right) Sexton Sutherland from Anatomy has a hand through his head.

Halloween hoopla

Arthur Escoto of Campus Accounting at MCB took first place in the pumpkin carving contest at EMPACT!'s ninth annual Halloween Carnival, which netted him $1,000 in American Airlines travel credit from American Express Travel.

Carmen Lopez, also from Campus Accounting, finished second and the Pharmaceutical Chemistry team of Avizonis and Tonelli took third. Jack Webster of ITS received the Chancellor's Award.

Pie-eating contest winners were: Marco Tonelli of Pharmaceutical Chemistry and student Mindy Colton for fastest male and female respectively; students Darren Gonzalez and Mindy Colton for messiest male and female respectively; and students Cliff Ryang and Nelda Scott for neatest male and female respectively. Carlos Lima of Environmental Services took first place for the best costume.

Other corporate sponsors included HealthNet, FHP/TakeCare, Kaiser Permanente and Bank of the West.

Chance to speak out Nov. 14 at Cole Hall

UCSF seeks input on personnel proposal

UCSF is seeking input from employees in the Executive Program, Management and Professional Program (MAP), Administrative and Professional Program (A&PS), the Staff Personnel Program (SPP) and other segments of the campus community on the "Proposed Human Resource Management Initiatives for the University of California."

Based on the principles and recommendations in the final report of the University's Improved Management Initiatives, the broad proposal could result in key changes in the University's approach to staff personnel program design, compensation and classification.

The proposal is being made to streamline and simplify the current four-tier staff personnel system, to give campuses and labs local authority and flexibility to manage human resources effectively and to ensure that, within budgetary constraints, UC's compensation systems are directed towards motivating employees and rewarding initiative, creativity and teamwork.

A presentation of the initiatives will be held in Cole Hall on Monday, November 14, from 1 to 2:30 p.m. Steve Barclay, vice chancellor for administration; Randy Lopez, director of Human Resources; and Michael Adams, director, Affirmative Action/Equal Opportunity, will hear comments and answer questions.

These initiatives are in the formative stage only. No implementation date has been set and no specific program proposals have been developed.

The changes proposed for discussion in the Human Resource Initiatives would not affect the terms and conditions of employment of employees who now or in the future become exclusively represented. The terms and conditions of employment for such employees would be subject to bargaining under HEERA.

Complete copies of the initiatives are available in the Human Resource Offices located at Laguna Honda, the Library Reference Desk, in departments on campus and on Gopher under UCSFYI Personnel Department. Comments on the initiatives may be sent to Lopez at Box 0832 or via e-mail at TELLHR (tellhr@ucsfvm.ucsf.edu).

Management program seeks applicants

Application forms will be available from department managers on Friday, November 18, for the Spring 1995 session of the Management Skills Assessment Program (MSAP). Applications also can be obtained from the UCSF Development and Training Division after that date.

A Universitywide staff development program of management skills, MSAP is open to career employees at the Administrative Assistant III level or equivalent, up to and including MSOII or equivalent. Applicants need to have been in the UC system for two years, in their present position for one year and must be nominated by their supervisor.

Space is limited for this multi-campus sponsored program; thus only a small group of participants will be selected from UCSF.

The application deadline is Wednesday, January 4, 1995. The 1994-95 session is scheduled for March 7-10, 1995 and will take place over four days and three nights at a conference center in Menlo Park.

The fee for the program is $575, which may be paid by the department or employee. A limited number of Affirmative Action scholarships, which pay half of the fee, are available to enhance the diversity of the pool.

UC managers participate as assessors, providing direct feedback to employee performance. Managers interested in participating as assessors are invited to contact the Development and Training Division to be considered for selection. Assessors attend free of charge and receive training for the assessment process. For more information, call UCSF MSAP Coordinator Linda Watkins at 476-4032.

Plea for textbooks for medical school

David Rempel, assistant professor, medicine, is helping the Mennonite Central Committee establish a medical college in a poor area of central India. Used, common medical texts are needed covering all fields (surgery, medicine, ob/gyn, etc.) For more information, call Rempel at (510) 231-5720 or drop off books at the Occupational Medicine Clinic at ACC 585.

Open Enrollment continues through Nov. 30

UC's Open Enrollment period continues through Wednesday, November 30. During this time, all available UC-sponsored medical, dental, optical and legal plans are open for new enrollments and transfers.

Open enrollment is an opportunity to enroll, deenroll or transfer between plans, to add eligible family members or to alter salary reduction amounts. All enrollment and change forms must be received by the UCSF Benefits or Accounting Office by 5 p.m. November 30.

During open enrollment the new UC Care Point-of-Service (POS) plan will be offered in addition to the HMO plans, Prudential High Option and Core. UC Care POS brings three health benefit components together in one comprehensive plan. The medical component will be administered by the Prudential Insurance Company of America. The mental health and chemical dependency component will be administered by LifeLink — a specialty behavioral health care company. A new outpatient prescription drug card program will be administered by PAID Prescriptions Inc.

The medical component of UC Care Plan POS has three tiers of medical benefits within one plan. Tier 1 is most similar to an HMO, with no annual deductible and small co-payments required at the time of service. This is the primary tier through which employees and their family members will receive care. A primary care physician selected by each plan member, coordinates all medical care and refers members to specialists when necessary.

Tier 2 is most similar to the current UC Care preferred provider organization option. If plan members wish to receive Tier 2 benefits, they may self-refer to network doctors. Tier 3 is most similar to the current UC Care non-network benefits. It permits plan members to self-refer to any non-network provider.

There also is a special level of benefits for employees and/or eligible family members who live outside of the regular UC Care plan service area (generally in remote areas of the state or outside of California). Current UC Care plan members will receive additional information through the mail. Employees who want to transfer into UC Care POS should get a UC Care enrollment packet at an Open House, from the Benefits Office or by calling 476-4741.

All the available HMO medical plans are open for enrollment or transfer. The Kaiser and Health Net HMO plans will continue to be available at no cost to employees and their eligible family members during 1995. Health Net and QualMed-CA medical plans have merged into one plan, retaining the Health Net name in California.

Open enrollment is also the time to enroll, deenroll or opt out of participation in the dental, optical services and legal plans. There will be no changes to these plans in 1995.

There are no plan changes for Employee-Paid Life Insurance, but rates will increase at the first of the year.

Employees may enroll in the Dependent Care Assistance Program (DepCare) or change or cancel salary reduction amount during open enrollment.

The quickest and most convenient way to get information on all of UC's benefits is to attend the Carriers Open House. Open houses provide an excellent opportunity to obtain medical plan brochures, forms, provider directories and information on other UC benefits. Employees will have an opportunity to ask benefits questions.

See *Today/Tomorrow* calendar for medical, dental, optical and legal plan carriers open houses dates.

Minorities sought for research program

The National Institute of Allergy and Infectious Diseases (NIAID) in Bethesda, Md., offers the Introduction to Biomedical Research Program to acquaint minority students with career opportunities in biomedical research.

"This program offers minority students from across the country an in-depth and intense four-day introduction to the NIAID and the National Institutes of Health (NIH)," says Elizabeth A. Fleming, program director. "The initiative grew out of the institute's concern about the small numbers of minority students pursuing careers in science. Our goal is to increase the number of minority scientists."

NIAID, a component of the NIH, focuses on investigations of the causes of allergic, immunologic and infectious diseases and development of better means to prevent, diagnose and treat these illnesses. In addition to researchers working in NIAID labs, the institute supports scientists at US universities, medical schools and research institutions to conduct scientific studies on various diseases, including AIDS, tuberculosis, hay fever, Lyme disease, tropical diseases and sexually transmitted diseases.

About 55 students will be selected for the 1995 program, scheduled for February 5 to 9. They will attend a series of lectures by NIH scientists and will tour the renowned NIH Clinical Center, one of the world's largest research hospitals. Participants also will have face-to-face discussions with scientists about current research activities and accomplishments as well as career concerns. All participants will be provided round-trip transportation to the Bethesda campus and accommodations during the program.

Applicants must have a 3.0 or better grade point average and be recommended by the deans and faculty members of their schools. Selection is based on these recommendations and the students' personal and academic achievements. Deadline to apply is November 18, 1994.

For an application packet, contact NIAID at Building 31, Room 7A18, 9000 Rockville Pike, Bethesda, MD, 20892 or call (301) 496-1012.

Crime Corner

Police continue to investigate impersonator

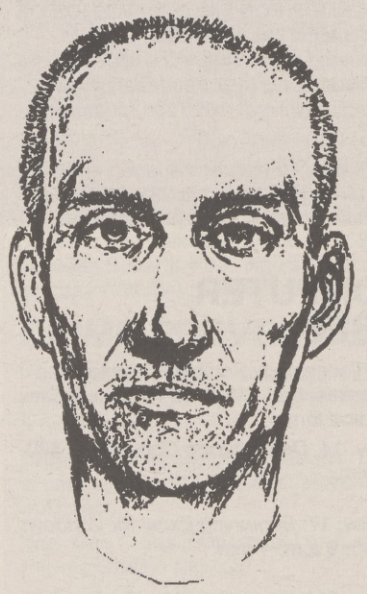
The UCSF Police Department is continuing its investigation of the adult male suspect who impersonated a doctor at two UCSF hospitals recently.

Sgt. Lorin Stracke reports that the adjacent composite sketch of the suspect is being circulated around the campus for identification.

The person was described as a white male with short blonde hair, very pale skin in his late 30s, about 5 feet 8 inches tall and weighing about 140 pounds. One witness described him as "gaunt and scruffy looking . . . like a person who suffered from a long-term illness."

This person is not wanted at this time; however, if anyone has any information regarding this person, or sees the person on campus, contact the UCSF Police Department immediately at 476-1414.

The impersonator was reported in pediatric wards of Long Hospital on September 24 and UCSF/Mount Zion Medical Center on October 7.



Composite drawing of impersonation suspect

String of library thefts

Police say there were 18 incidents of personal thefts at the library at Parnassus Heights reported during the month of October.

In every case, personal valuables were left unattended. Wallets and personal articles were taken from backpacks and purses that were left on tabletops and underneath desks.

As a general rule, people are advised not to leave their personal belongings unattended for any length of time. People also are advised not to carry large sums of cash or a lot of credit cards around. Take only what is needed for the day.

Medsounds Continued

Greg Mortenson

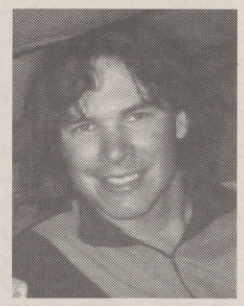
Children of Khane currently sit on the dirt while studying their lessons.

Nurse helps people of Pakistan build for the future

By LISA CISNEROS

Last year Greg Mortenson spent 82 days climbing K2, the world's second-highest mountain in Pakistan, but that grueling test of endurance was nothing like the challenge he faced after this adventure.

Since then the 36-year-old mountaineer has struggled to raise about $15,000 to finance construction of two schools and a health clinic for indigenous people in two villages in the Hushe valley of Pakistan. The former ICU nurse quit his job recently at UCSF to take building supplies to the villages. "I felt this was meant to be and if I had to quit my job, that's OK. You have to do what feels right in your heart."



Mortenson

After fatigue and fear of frostbite spoiled his attempt to reach the summit of K2, Mortenson toured the small villages of Khane and Balegon, amidst towering granite spires and desert flood plains. He was awed by the hardy Balti people who make their home on the hillsides of what Mortenson considers "some of the harshest living conditions on earth."

When he asked to see the school in Khane, the villagers took him up a dusty apricot grove on a hill behind the village. Mortenson was amazed to find about 90 children aged five to 12 sitting quietly in the dirt working on their lessons without a teacher watching over them. "Here [in the US,] a class without a teacher would be complete pandemonium," he says.

But the scene in Khane was much different. "These children were happy, had high self-esteem," he says. "Despite adversity and poverty, their spirits soared. It was a heartfelt moment I will never forget."

Mortenson promised the villagers that he would return to America to raise money to buy supplies to build a school. And with the help of the Bay Area-based American Himalayan Foundation, which set up an account for the funds, he was able to keep his promise.

After an exhausting yearlong fundraising process that involved writing grants and making public appeals, Mortenson raised all the money, most of which came from individuals who gave $10 or $20 each. "It's really hard to ask people for money no matter how worthy the cause," he says. "But unless we do something to help indigenous people they will be wiped out and with that thousands of years of culture and tradition."

He left last week to take the supplies of wood, cement and tin 800 miles by truck. The toughest part of the trip will be to avoid the fighting around the Siachern Glacier where there is a border dispute between India and Pakistan.

Mortenson attributes his ambition to his desire to make a lasting memorial for his sister, Christa, who died two years ago after an 18-year struggle with epilepsy and mental disability. "Her joyful spirit through everyday struggles inspired many people and made me want to do something to honor her short life," he says.

Mortenson plans to return to the villages next spring to begin construction. The villagers have said they will help him complete the projects and the Pakistani government has agreed to pay for teachers.

Toast 12 days of Christmas at cafe

The Moffitt Cafe and Grill invites the campus community to toast the Twelve Days of Christmas.

Beginning Friday, December 9, and continuing through Tuesday, December 20, the cafeteria will be drawing a winner a day for the following prizes:

- Twelve Drummettes Drumming (12 orders of chicken wings)
- Eleven Pies A Pipin' (11 whole pies)
- Ten Cappuccinos (10 beverages from the espresso machine)
- Nine Gardenburgers (including the special "deluxe" served Friday)
- Eight Freshly-made Muffins (any flavor)
- Seven Scones A Steamin' (all varieties)
- Six Cybelle Packages (enjoy six double slice Cybelle's Pizza Packages)
- Five Onion Rings (five orders, that is)
- Four Sandwich Bars ($5 limit per bar)
- Three French Fries (regular or spicy)
- Two Free Entrees (any from the menu)
- And a Turkey for the Family Free (a 20-pound turkey).

Tickets will be available beginning Thursday, December 1, in the cafeteria. No purchase is required to enter and there is no limit to the amount of times people can enter. Drawings will be held daily at noon in the Moffitt Cafe starting Friday, December 9. People need not be present to win. Names of the winners and prizes won will be posted in the display case outside the cafeteria.

Gamma *(from page 8)*

agreed to split her radiation treatment into two times daily so that the overall dose could be increased — a process called hyperfractionation. That seemed to stop the tumor growth, giving Gutin the period of time he needed to perform the gamma knife procedure in early July.

"The whole thing took less than 30 minutes," says Julie. "I was awake the whole time and didn't feel anything."

In that brief procedure, however, Julie received more radiation than she had in the previous six weeks of radiation therapy. Then the waiting began. Julie went to her home state of New Mexico for a month and returned to take a new MRI. This time the news was good. The tumor had not grown. Every MRI since has given the same result. For doctors, the word is caution. For Julie, it is hope. "No one wants to say I'm cured because they simply don't know. But I feel positive about my condition."

As for the future, Julie is realistic. "I now take life minute by minute and month by month." A regular drug regimen keeps the seizures at bay and she is working to improve her short-term memory loss, a side effect of the radiation. "I take nothing for granted anymore, nothing. Yes, it's been tough, but when I look at my daughters, I realize I have everything to live for and living is what I plan to do."

For more information about brain cancer treatments, call 476-2905.

Medical Call Board

Researchers seek adults to develop alcohol test

Researchers at The Gallo Clinic and Research Center are seeking adults who have not had a problem with alcohol to participate in a study to develop a test for active chronic alcohol consumption. Participation involves an initial interview and blood test, followed by periodic blood draws (40 to 80cc) at SFGH. Draws occur in the early morning and participants are compensated $10 per draw. Transportation is provided if necessary. Information: 648-7117.

Glaucoma-related blindness study

Volunteers are needed for a study to determine whether the blinding disease glaucoma can be delayed or prevented with the early use of prescription eyedrops now commonly used to forestall further eye damage in patients who already have the disease. People between the ages of 40 and 80 who have ocular hypertension, a higher than normal pressure within the eye that places them at risk for glaucoma, may be eligible. Information: 476-3711.

Osteoporosis prevention

UCSF and VAMC researchers are seeking healthy men 65 and older for a study on preventing "senile" osteoporosis, a dangerous thinning of the bones that can afflict men and women as they age. Study participants will receive treatment with a hormone that preliminary studies suggest might help stop bone loss and prevent senile osteoporosis. Volunteers will spend between 18 and 28 days residing at UCSF. Information: 750-6928.

Nervous system study

Volunteers are needed to serve as normal control subjects in a study to determine the presence of certain inherited metabolic diseases that cause damage to the nervous system. Participation involves a single blood drawing (about one ounce) and psychological testing. Both the testing and blood drawing will take place at the VAMC. Physicians are looking for men and women between 30 and 50 years of age who have no history of psychiatric or neurologic illness. Participants must have graduated from high school. College and graduate school education are desirable. Information: 750-6931.

Women's group at LPPI seeks members

Members are needed for a new weekly, longterm women's psychotherapy group at LPPI. The group will focus on personal development issues such as self-esteem, relationships and identity. Laura Roebuck, M.D. and Karen Suyemoto, Ph.D., will lead the group. Information: 476-7442.

Dress code *(from page 8)*

a four-page policy which will be distributed soon throughout the Medical Center.

Additional standards apply for staff who work in locations where there is a likelihood for contact with the public. These locations include, but are not limited to, all departments located in the hospital and clinic buildings and clinical satellites of the Medical Center as well as offices and units open to the public.

Enforcing the policy

Associate directors are responsible for ensuring that departments reporting to them develop specific dress and personal appearance standards when professional standards and/or health and safety mandates require additional policies and procedures or when different standards are required based upon the unique operational needs of a specific unit.

"Managers reserve the right to determine appropriateness of dress and personal appearance," the policy states.

Employees who come to work improperly dressed or groomed should know they may be asked to change or to make other changes to correct deficiencies before beginning work.

While the Department of Nursing has had a dress code in place for quite some time, its policy has been revised to reflect the new one devised for all Medical Center employees. Hirsch says the Department of Nursing managers will begin to take a more aggressive role enforcing that policy.

Maintaining individuality

Since it began meeting in June, the task force including co-chairs Hirsch and David Odato, manager of Medical Center Human Resources; and members Marcellus Martin, associate director of finance; Dan Shydler, assistant director of operations; and Linda Glasscock, manager of UCSF Labor and Employee Relations, decided on the basic premise that all clothing should be "neat, clean and appropriate to work assignments."

Task force members say they are sensitive to the need for employees to express their individual style. They acknowledge and appreciate the full spectrum of employee diversity and personal taste and say the new policy does not violate employees' freedom of expression.

And although they understand that fashion trends popularizing torn jeans, leggings and mini skirts explain the social shift to such casual clothes, task force members consider those items and others listed below unsuitable for the workplace.

Copies of the dress code policy were sent to the unions by Labor Relations and to department managers to obtain feedback from them and staff, according to Susan Semonoff, assistant director of Medical Center Human Resources. Many of the comments were incorporated into the final policy, she says.

Meeting minimal standards

To meet the minimal dress code standards, Medical Center employees cannot wear beach sandals, thongs, strapless or backless shirts, tank tops, halter tops, cropped shirts, athletic wear, baseball caps and soiled, torn or frayed garments, among other items.

Shoes must be safe, quiet and clean. Hair and facial hair must be clean and trimmed so as not to interfere with job duties. Jewelry, cosmetics, perfume and other accessories shall be appropriate to work assignments and may not be worn where safety or health standards would be compromised.

Changes to the Department of Nursing's dress code policy include prohibiting employees from wearing low cut shirts, tank tops, exercise wear and oversized or undersized garments that are sloppy looking. Employees should not show their bare legs either.

Employees who have public contact, including those who normally work at locations where there is no public contact but enter public parts of the Medical Center, are not allowed to wear blue jeans or faded, frayed or torn jean pants of any color. Patient gowns or isolation gowns also are considered unacceptable for work.

Hospital-issued scrub suits can only be worn by staff who work in areas where they are required to assure a sterile environment for the safety of patients. These suits must not be removed from Medical Center grounds.

Volume 9, Number 19 November 12-25, 1994

UCSF Medsounds

Page 1 ... Optimism over state budget

Page 1 ... News on how brain develops

Page 1 ... Molecular biologist trains doctors in Latin America

Medsounds is a section of *Newsbreak* for and about employees of the Medical Center, including Moffitt-Long, the ACC, UCSF/Mount Zion and Medical Center employees at Mission Center and Laurel Heights.

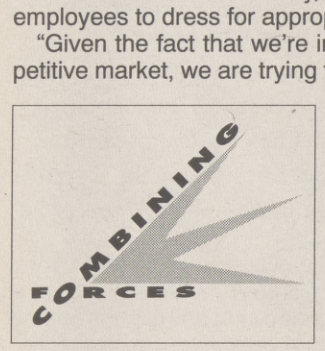
Employees must dress appropriately

Medical Center adopts new dress code

By LISA CISNEROS

At a time when the Medical Center is leaving little to chance in its fight to remain competitive in the health care industry, it is now asking employees to dress for appropriately.

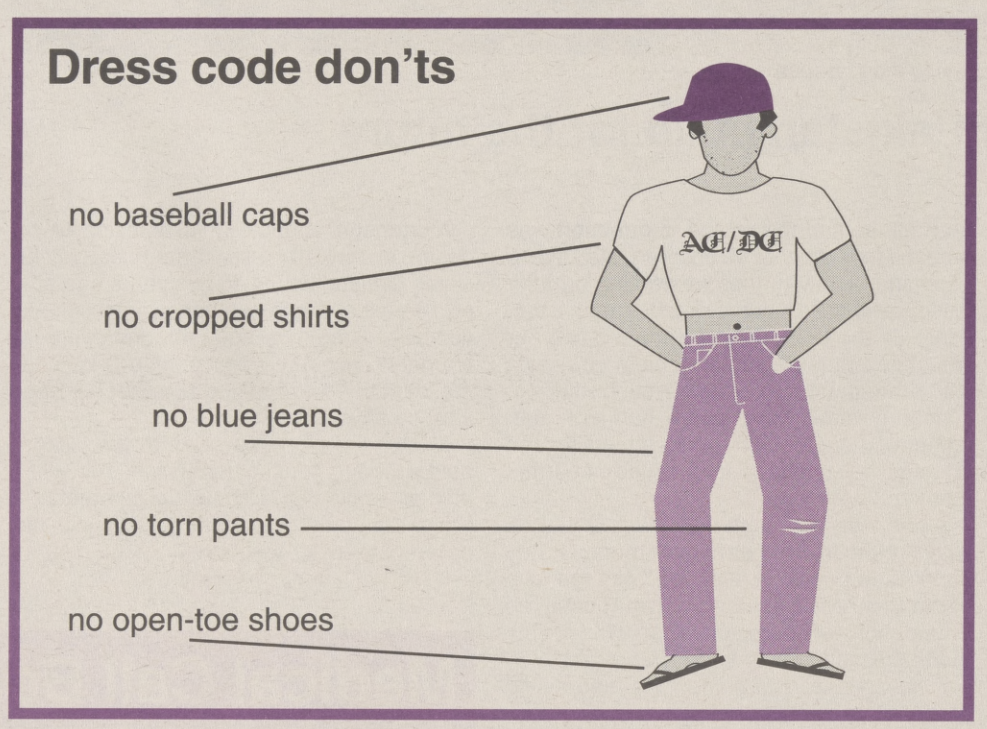
"Given the fact that we're in such a competitive market, we are trying to put our best foot forward by presenting ourselves more professionally to the public," says Jane Hirsch, assistant director of nursing.



Hirsch was one of five administrators who served on a special task force charged with reviewing and revising standards of dress and personal appearance of all Medical Center employees.

The task force established a new dress code policy, one that administrators hope will contribute to the safety and security of the environment for all patients, visitors and staff. The recent episodes of an adult male reportedly impersonating a doctor in pediatric wards at Long Hospital and UCSF/Mount Zion highlights the importance that all Medical Center employees wear their photo identification badge above the waist. "Patients have a right to clearly identify employees," Hirsch says.

But the new dress code policy, effective Thursday, December 1, goes beyond requiring identification badges.



The primary goal of the new dress code policy is for employees to project a professional image that conveys their competence and respect to the public and to better suit a workforce striving to maintain its reputation for excellent health care services.

Administrators are not the only people to notice the slipping standards of employee attire. A number of patients have complained about it in satisfaction reports and letters, Hirsch points out. "We want to attract more patients and ultimately keep staff employed," she says.

Appropriate clothing and grooming are particularly critical for employees who have public contact, but all employees are required to adhere to minimal standards spelled out in

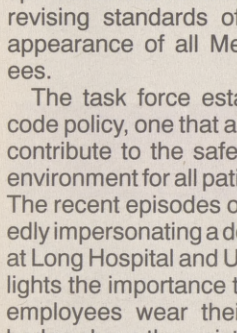
(See **DRESS CODE** *on page 7)*

Gamma knife helps give another patient hope for life

By JEFF MILLER

Julie Bankson had no time for illness nor any family history to prepare her for the rude awakening of being diagnosed with glioblastoma, a usually fatal brain cancer.

For the successful 43-year-old lawyer, wife and mother of two small daughthers, her life seemed to stretch out before her with promise and satisfaction. That's why she ignored the sudden numbness in her left leg in April 1993. She was just getting old, she laughed.



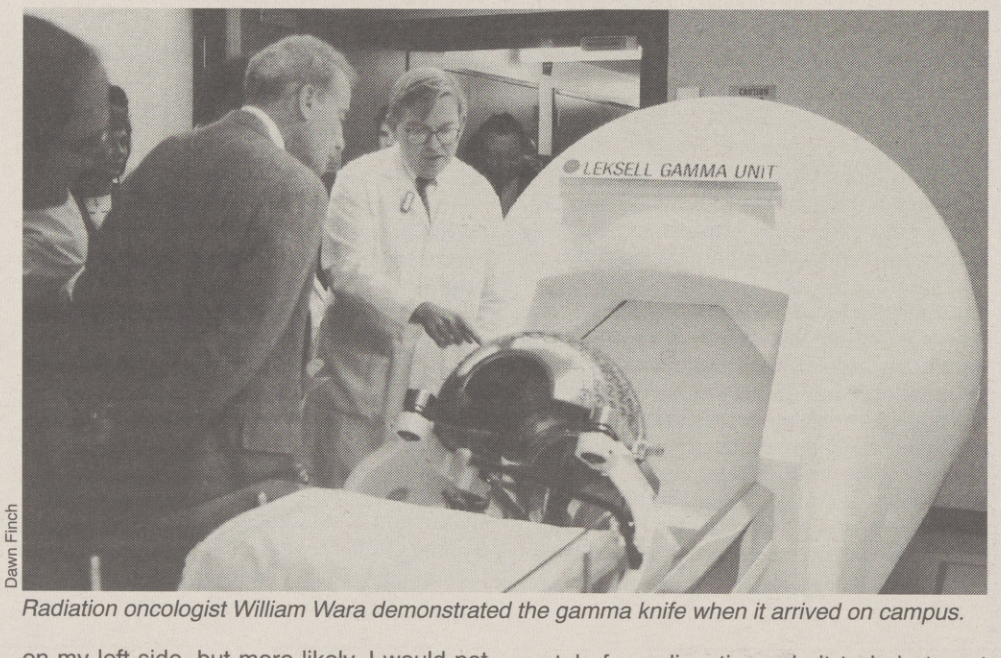
Bankson

But two days later, it came back and left just as quickly. Later that night, she woke up and could not feel her left leg. Concerned that it might be a stroke, she went to the emergency room at a Santa Rosa hospital. Stroke and diabetes were ruled out, but doctors recommended a magnetic resonance imaging (MRI) scan of her head just to make sure all was well. It wasn't.

"They told me there was a forest fire raging in my head and that all they had was one little water hose," says Julie. "Just a month before I had been a completely healthy person and now I was being told I had six to nine months to live."

Near the surface of the brain on the right side was a grape-sized tumor. A brain biopsy was immediately scheduled and the results were very bad. She was referred to UCSF immediately and two days later, she and her husband Jim and other family members were in the office of UCSF neurosurgeon Philip Gutin.

"Everyone told me that the tumor could not be removed surgically," says Julie. "At the very best, I would have ended up paralyzed on my left side, but more likely, I would not have survived the operation." The only other choice was six weeks of almost daily radiation therapy, followed by one of two procedures, brachytherapy, which uses special radioactive pellets placed on and around the brain tumor for short periods to kill diseased tissue, or the gamma knife.



Dawn Finch

Radiation oncologist William Wara demonstrated the gamma knife when it arrived on campus.

The gamma knife is completely noninvasive, using instead a special helmet that looks like a beauty-salon-style hairdryer covered with 201 holes. The holes serve as portals for radioactive cobalt to help target gamma rays that converge on inoperable tumors without damaging surrounding tissue.

Julie is one of 470 patients who have undergone the gamma knife treatment at UCSF, among the few Medical Centers in the US to use the high tech tool. The gamma knife is so precise that all 201 beams can hit simultaneously a target as small as a pea.

After a subsequent MRI scan showed that the tumor had suddenly doubled in size, Julie

(See **GAMMA** *on page 7)*

Events raise big bucks for breast cancer

During Breast Cancer Awareness month in October, two events garnered big bucks for breast cancer research, education and screening.

Some $300,000 was raised by more than 6,000 registered runners and walkers who participated in the fourth annual Susan G. Komen Breast Cancer Foundation "Race for the Cure" in Golden Gate Park on October 23. UCSF/Mount Zion was a local sponsor of the event that will finance the UC mobile breast screening van that serves women in six Bay Area counties. The five-kilometer race has raised enough money in the past three years to pay for screening of 4,700 women.

"Celebrate the Women in Your Life," the benefit for the UCSF Breast Cancer Research Fund held October 13 at the San Francisco Gift Center raised several thousand dollars (exact figure not known at this time).

The casino night was sponsored by Women in Cable, the national organization of women in the cable television industry, the Lifetime cable channel, as well as the UCSF Cancer Research Institute.

SF Opera performs Dec. 4 to benefit Resource Center

The San Francisco Opera will hold a performance of *Lucia Di Lammermoor* on Sunday, December 4, with a portion of the proceeds going to benefit the Resource Center of the UCSF/Mount Zion Cancer Center.

The Resource Center, located on the second floor of the UCSF/Mount Zion Cancer Center, offers information to the public on all types of cancer and supportive services.

The performance, featuring soprano Ruth Ann Swenson and tenor Marcello Giordani, will be at 7:30 p .m. at the War Memorial Opera House, 301 Van Ness Avenue, San Francisco.

Three-hundred seats have been set-aside to benefit the UCSF/Mount Zion Resource Center with tickets costing $200 for orchestra/grand tier and $140 for dress circle. People purchasing these tickets can attend a party on stage following the performance where they can meet the opera stars. Balcony circle tickets are $85 and balcony seats run $70.

The Resource Center, staffed by cancer professionals, offers a wide-range of services. They include free support groups, interactive videos, nutritional assistance, access to computer information on all types of cancer, information on both Western and Eastern approaches to physical therapy, a free workshop called "Look Good ... Feel Better" for women receiving chemotherapy or radiation, and a "Buddy Program" that pairs someone in active treatment with someone who has already gone through the treatment phases.

People interested in purchasing tickets should call the UCSF/Mount Zion Auxiliary at 885-7354.

Mount Zion Health Systems establishes new cancer fund

Mount Zion Health Systems has established a new cancer research fund to finance studies in colon cancer and leukemia at the UCSF/Mount Zion Cancer Center.

The fund is financed by a $100,000 donation by Annette Dobbs in memory of her husband of 53 years, Harold, who died August 14 of chronic leukemia. Four years ago, Annette was diagnosed and treated for colon cancer. She has since recovered.

"I'm hoping and praying that with this fund somebody will come up with answers so other people don't have go through the pain and suffering we have gone through," says Dobbs, a grandmother of nine.

Mount Zion Health Systems has awarded its first fellowship from this fund to Lisa Harnack, a UC Berkeley graduate in nutrition. Harnack has served as a research assistant in the School of Public Health and as a teaching assistant in the Nutritional Sciences Department at UC Berkeley.

The fund also will help to initiate a new colon cancer prevention and detection program that should be under way by February, according to Ernest Rosenbaum, associate chief of medicine and oncologist at UCSF/Mount Zion Medical Center.

The prevention program will include a series of lectures about colon cancer and genetic counseling for families at risk of colon cancer.

Cancer of the colon and rectum is a highly preventable and often treatable disease when it is localized and diagnosed in the early stages, Rosenbaum says. Thirteen percent of all cancers in the US involve either the colon or the rectum. Together, they are second only to lung cancer as a cause of cancer deaths in the US.